

# INTRODUCTION TO HEALTH SCIENCE

## SAMPLE ACTIVITIES

### Foundation Standard 1

#### Academic Foundations Sample Activities

- 1.1 Use flash cards and practice usage of symbols, abbreviations, and medical terminology in note taking.
- 1.2 Use Health Occupations Students of America (HOSA) Medical Terminology and Medical Spelling guidelines to reinforce appropriate use.
- 1.3 Convert height and weight between English and metric systems.
- 1.4 Calculate measurement conversions between English and metric systems from practice problems using HOSA Medical Math guidelines.
- 1.5 Maintain a log of shadowing experiences using appropriate medical terminology and abbreviations.
- 1.6 Using tape measures, measure students' smiles in inches and centimeters. Construct a large smile from red paper adding everyone's smile measurements together.

#### Integration/Linkages

Math, Science, Language Arts, SCANS, National Health Care Skills Standards, and National Health Occupations Students of America Competitive Events Guidelines

### Foundation Standard 2

#### Communication Sample Activities

- 2.1 Role-play procedural explanations from a healthcare worker to a patient/client using oral and written communication and active listening skills.
- 2.2 Using role-play, explain a procedure to a preschooler, an elderly patient/client, a Spanish speaking patient/client, and a hearing/vision-impaired patient/client.
- 2.3 Critique speaking skills using Prepared Speaking and Extemporaneous Speaking HOSA guidelines.
- 2.4 Describe how equipment/technology is used to communicate in healthcare industry.
- 2.5 Divide class into teams to simulate Pictionary game and Charades using healthcare related phrases
- 2.6 Write directions for tying your shoes and creating a paper airplane
- 2.7 Write journals and healthcare article reviews using who, what, when, how and why

#### Integration/Linkages

Language Arts, Social Studies, Visual & Performing Arts, SCANS, National Health Care Skills Standards, and National Health Occupations Students of America Guidelines

### **Standard 3**

#### **Systems Sample Activities**

- 3.1 Compare and contrast differences and similarities between healthcare facilities.
- 3.2 Tour different types of healthcare facilities and prepare questions on hospital systems to be answered while on tour.
- 3.3 Role-play the process of hospital admission and how each system is involved in patient/client care.
- 3.4 Create a timeline to identify significant events and individual that made significant contributions to healthcare delivery.
- 3.5 Participate as a panel member to discuss cost containment and accountability practices in the healthcare industry.
- 3.6 Invite guest speakers from healthcare facilities.
- 3.7 Video healthcare workers in their workplace settings to share with the class.

#### **Integration/Linkages**

Math, Language Arts, Social Studies, and National Health Care Skills Standards

### **Standard 4**

#### **Employability Skills Sample Activities**

- 4.1 Complete career interest surveys/personality surveys to determine compatibility with healthcare profession.
- 4.2 Research one to two healthcare careers and interview professionals in those fields; present findings through multimedia presentations.
- 4.3 Create health career displays using HOSA Career Health Display guidelines.
- 4.4 Begin a student portfolio on careers by exploring healthcare professions and facilities.
- 4.5 Participate in mock interviews using National HOSA Job Seeking or Interviewing Skills guidelines.

#### **Integration/Linkages**

Language Arts, Social Studies, SCANS, National Health Care Skills Standards, and National Health Occupations Students of America Guidelines

### **Standard 5**

#### **Legal Responsibility Sample Activities**

- 5.1 Compare and contrast legal issues found in case studies from professional magazines.
- 5.2 Critique current events for legal issues in healthcare industry.
- 5.3 Identify and debate the consequences of breaching confidentiality, malpractice, negligence, and consent issues
- 5.4 Analyze consent forms, facility policies and procedures, and patient confidentiality.
- 5.5 Apply Patient's Bill of Rights to the healthcare setting, and identify areas in which a patient/client's confidentiality may be breached.

## **Integration/Linkages**

Social Studies, Foreign Language, Science, Visual and Performing Arts, SCANS, and National Health Care Skills Standards

### **Standard 6**

#### **Ethics Sample Activities**

- 6.1 Identify common strands found in professional healthcare codes of ethics.
- 6.2 Develop questions for an interview with a guest speaker from a hospital ethics committee/lawyer.
- 6.3 Critique current events from ethical issues in health care.
- 6.4 Role-play ethical situations healthcare professionals may encounter.
- 6.5 Research social, cultural, and ethical backgrounds to determine varying needs of patients/clients.
- 6.6 Compose a personal code of ethics.
- 6.7 Using National HOSA Biomedical Debate guidelines, identify and debate ethical issues.
- 6.8 Develop an ethics game using scenarios, assigning students to be ethics committee members determining which patients receive organ donations or advanced directive issues
- 6.9 Develop cultural diversity presentations to include religion, food, healthcare beliefs, and family dynamics

## **Integration/Linkages**

Social Studies, SCANS, Language Arts, Science, Health and Safety, National Health Care Skills Standards, and National Health Occupations Students of America Guidelines

### **Standard 7**

#### **Safety Practices Sample Activities**

- 7.1 Using knowledge of standard precautions and OSHA regulations, practice skills to prevent the spread of infection.
- 7.2 Analyze role-playing situations and errors in body mechanics usage.
- 7.3 Demonstrate proper and improper body mechanics using a manikin.
- 7.4 Develop questions for a healthcare professional (guest speaker) addressing fire prevention and safety practices at his/her healthcare facility.
- 7.5 Demonstrate proper handwashing technique utilizing Glo-Germ UV light. <http://glogerm.com>
- 7.6 Demonstrate growth of bacteria by using sample agar plates and collection of samples throughout classroom and/or school environment.

## **Integration/Linkages**

Math, Science, Language Arts, Social Studies, SCANS, National Health Care Skills Standards, and National Health Occupations Students of America Guidelines

## **Standard 8**

### **Teamwork Sample Activities**

- 8.1 Select a leader and list his/her distinguish leadership style and characteristics.
- 8.2 Research healthcare professional organizations for mission and membership requirements.
- 8.3 Plan a community service, service learning, or HOSA Week activity and develop teams to implement the project.
- 8.4 Participate in cooperative learning activities by using HOSA guidelines for Parliamentary Procedure, HOSA Bowl, Biomedical Debate, Creative Problem Solving, Community Awareness, and Career Health Display.
- 8.5 Divide class into teams. Using an object made of Legos as the model, supply each team with enough Lego pieces to make the same object. One team member describes the process of assembling, while the team attempts to assemble the object without seeing the described object.
- 8.6 Participate and/or coordinate health career fair.

## **Integration/Linkages**

Math, Science, Language Arts, Social Studies, SCANS, National Health Care Skills Standards, and National Health Occupations Students of America Guidelines

## **Competency 9**

### **Health Maintenance Practices Sample Activities**

- 9.1 Keep a daily food log to calculate caloric intake, fat grams, and other nutrients consumed.
- 9.2 Analyze daily food log based on dietitian's recommendations.
- 9.3 Complete a stress survey and identify effective stress reduction methods.
- 9.4 Plan and demonstrate an exercise program for cardiovascular fitness.
- 9.5 Compare and contrast health screenings and examinations appropriate for various stages of development.
- 9.6 Invite guest speaker to address preventative healthcare.
- 9.7 Create a preventative health education lesson plan to teach to elementary, middle or high school classrooms using the HOSA Health Education guidelines.
- 9.8 Participate and/or coordinate health fair for the school or community

## **Integration/Linkages**

Science, Social Studies, SCANS, and National Health Care Skills Standards and National Health Occupations Students of America Guidelines